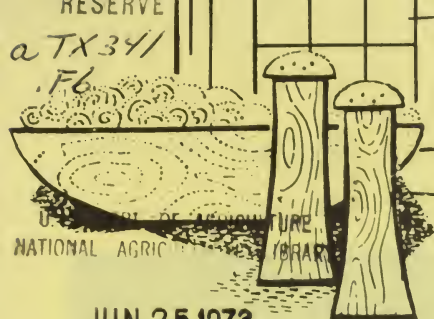


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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

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CATALOGING - PREP.



An unopened can of citrus juice may be kept on a shelf until used—but once it is opened it should be kept in the refrigerator. Your fresh citrus fruit will keep longer if placed in the refrigerator.

* * *

Making cheese waffles? Just add one cup shredded, sharp cheese into the dry ingredients before adding the liquid—but slightly reduce the amount of fat in your basic recipe.

* * *

Cooked dry beans freeze especially well, according to U.S. Department of Agriculture. Because freezing, like cooking, softens beans, somewhat. Cook them until barely tender for the best quality frozen product.

* * *

Do you know the principal potato varieties? They are: Russet Burbank (long russet), the White Rose (long white), the Katahdin (round white), and the Red Pontiac (round red). A round red one called Norland is becoming increasingly popular also.

* * *

No, you do not need to wash potatoes before you store them. Dampness increases the likelihood of decay.

IT'S RUFF AND REDDY —and Trulypink

Two new poinsettia seedling varieties have been developed by scientists at the Agricultural Research Service of the U.S. Department of Agriculture. They are really just on the horizon as far as the consumer is concerned because now they are available only from commercial growers. But, they offer great promise.

They are both very tolerant of light and air pollution; and produce compact heads with excellent color throughout the year under controlled daylength. Both varieties have tight flower clusters which are long lasting. They are both responsive to chemical growth regulators and daylength manipulation.

The first, called Ruff and Reddy, is a red, vigorous, compact plant which is not self branching but pinches well and has stiff, upright stems. It is a tough, easy-to-grow, long-lasting, eight-week variety which blooms with (or a little before) other varieties such as Anette Hegg or Michel Rochford.

The second, Trulypink, has smooth, upright, salmon-pink bracts. It produces a large plant, pinches very well, has strong stems and is an excellent keeper. It is genetically pink in all tissue and will produce pink progeny.

GIVING OF ONESELF —



RSVP volunteer gives patient his lunch...*



volunteer plays piano for patients*



Elderly patient enjoys visit with RSVP volunteers...*

*These pictures are available to the media by writing to Food and Home Notes.
-2-

HELPING OTHERS

OUT IN THE STATES

—as volunteers

Senior citizens can, and do, lead useful, satisfying lives. And they can reach out to help others. One good example is a project called RSVP (Retired Seniors Volunteer Program) in Madison County, N.Y. And, the Extension Service is where it is happening.

Through RSVP, senior citizens in Madison County are working at the Gerrit Smith Infirmary in Eaton, N.Y., visiting with elderly patients, entertaining them, writing letters for them, doing mending and ironing for them.

Senior citizens also work at the Rome State School for retarded children and adults, assisting staff in the library, helping out in the occupational therapy department, and in the classroom, as well as helping to feed and care for the children, playing games, and leading them in singing.

Volunteer senior citizens also are working with the local "meals on wheels" program to provide hot meals for shut-ins. Some are working in day care centers, others at public libraries and local hospitals.

RSVP, based on the program SERVE (Serve and Enrich Retirement by Volunteer Experience) developed by the Community Services Society of New York City, is federally funded under the ACTION program. In Madison County, the Extension Service was chosen as the agency through which RSVP could operate.

RSVP is organized on the local level with any retired persons (age 60 or over) joining as volunteers. There are no educational, income, or experience requirements and the volunteers serve without compensation (although they may be reimbursed for expenses such as transportation and meals).

Instead of a long intensive preliminary training program, the volunteers are first taken to local agencies to see what jobs are available. Training is then provided in a group discussion meeting after the volunteer day—or arrangements are made for a group meeting at least once a month.

Each year, Tribute Day is held for thanking the volunteers. It also focuses attention on the needs of the agencies and organizations. Madison County has a population of 63,000 people—14 percent of whom are 60 years of age or older—therefore RSVP has a real potential for serving the needs of this group.



—Check the label before you buy the lawn seed—

ON BUYING LAWN SEED

—with tips from an expert

Baffled in choosing seed for your lawn? Take some advice from Clyde Edwards, chief of the seed branch at the U.S. Department of Agriculture's Agricultural Marketing Service. As a starter, it is well to decide whether your lawn is to be used as a decorative setting or for recreation—and whether it's going to be in the shade or sun. Its purpose and location will determine the kind of lawn seed best suited for the job. Next, it is important to use the label as your guide to the type and quality of the seed.

A truth-in-labeling law for seed, which USDA helps enforce, requires that the label for lawn seed show you the kinds of seed in the package; the amounts of inert matter, weed seeds, and other-crop seeds; and the germination rate the seed had when it was tested. For more on how to read labels to get the best buy, send a postcard to Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Ask for: "How to Buy Lawn Seed," G. 169.

COMMENTS & INQUIRIES TO:

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